

Summer Running Tips

With the weather heating up and races a plenty many of us are hitting the pavement, tracks and trails. Follow these tips to stay safe while exercising this summer!

1. Head out Early or Late

Run early in the morning or evening when temperatures are the coolest.

2. Drink early and often

It is recommended that you drink 16 oz. of water 2 hours before your run to stay hydrated. Be sure to hydrate after your run to replace lost fluids and speed up recovery. Experts recommend 6-8 oz of water for every 20 min you run. Running more than 60 minutes and you need something with sodium such as a sports drink, gel or pretzels to help you absorb the fluids you are taking in.

3. Sunscreen

Use a SPF 30 or higher to protect yourself from skin cancer and other skin damage. Use it daily, even on partly cloudy days as cloud cover does not block harmful UV rays.

4. Know the warning signs

Be aware of the signs of severe dehydration such as heat exhaustion and heatstroke. If you feel trouble coming on, you need to stop running, find some shade, get liquids, and then find a ride or walk home.

Following are signs of impending heat illness:

- Headache or intense heat buildup in the head.
 - Confusion or lack of concentration.
 - Loss of muscular control.
- Over sweating followed by clammy skin and cessation of sweating.
 - Hot and cold flashes.
- Upset stomach, muscle cramps, vomiting, and dizziness.

5. Have a plan

Let your family and friends know your running route so if you are gone too long they'll know where to look for you. Summer is hot but have fun and be safe!